

WITNESS THE FITNESS

October 6 - November 17

Thursdays at 6:00 p.m.

Bob Glass Gymnasium Lawn

December 1 and 8

Thursdays at 6:00 p.m.

**Lake Perris State Recreation Area
Parking Lot 8 - Beach**

Join a team of amazing people to keep you motivated while working out. These outdoor sessions are proven workouts that guarantee fitness results. Staff will help keep track of your fitness progress to produce positive results. The last two workouts will test your limits by performing a unique workout at the Lake Perris State Recreation Beach. No challenge, no change.

Instructor: Laura Sosa

Cost: Free



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PERRIS**
www.cityofperris.org

